

**DEPARTMENT OF THE ARMY
CALIFORNIA ARMY NATIONAL GUARD
HEADQUARTERS AND HEADQUARTERS SUPPORT COMPANY
250TH MILITARY INTELLIGENCE BATTALION (TE)
153 MADISON AVENUE
SAN RAFAEL, CALIFORNIA 94903-4105**

MITEB-HHSC-CDR

20 April 2002

MEMORANDUM FOR Headquarters and Headquarters Service Company

SUBJECT: Army Physical Fitness Test (APFT) and Weight Control Policy

1. Purpose: To define my Company APFT and Weight Control Policy.
2. Scope: This policy applies to all personnel assigned or attached to Headquarters and Headquarters Service Company, 250th Military Intelligence Battalion (Tactical Exploitation).
3. Policy: Our soldiers are our most priceless resource, and their well-being is one of my chief concerns; this includes personal fitness for military duty. Our unit's combat readiness rests upon the foundation of individual soldier readiness. Our own personal fitness is an individual discipline that is perhaps the single most important contribution we can make as twenty-first century "minutemen". No other military proficiency is a greater combat multiplier than physical fitness.
4. All soldiers in this company will perform an APFT and be screened for weighed biannually. Any soldier who fails either the APFT, or does not make weight, will become ineligible for schools (MOS, PLDC, BNCOC, etc.) Soldiers who fail the APFT will be tested monthly until they pass. Failure to make satisfactory progress could be grounds for disciplinary action. Soldiers who do not meet weight standards will be flagged immediately. This precludes the flagged soldier from any favorable action. Overweight soldiers will be weighed monthly until weight standards are met. Failure to make satisfactory progress could be grounds for discharge from the California Army National Guard.
5. The First Sergeant will maintain a record of all individuals who are on the Weight Control Program and monitor it monthly. Failure to meet the Army Weight Control Standards will be annotated on your Officer/Enlisted Evaluation Report. A counseling report may be written and placed in your MPRJ.
6. Mission First, Soldiers Always!

DAVID A. CARRICO, JR.
CPT, MI, CAARNG
Commanding